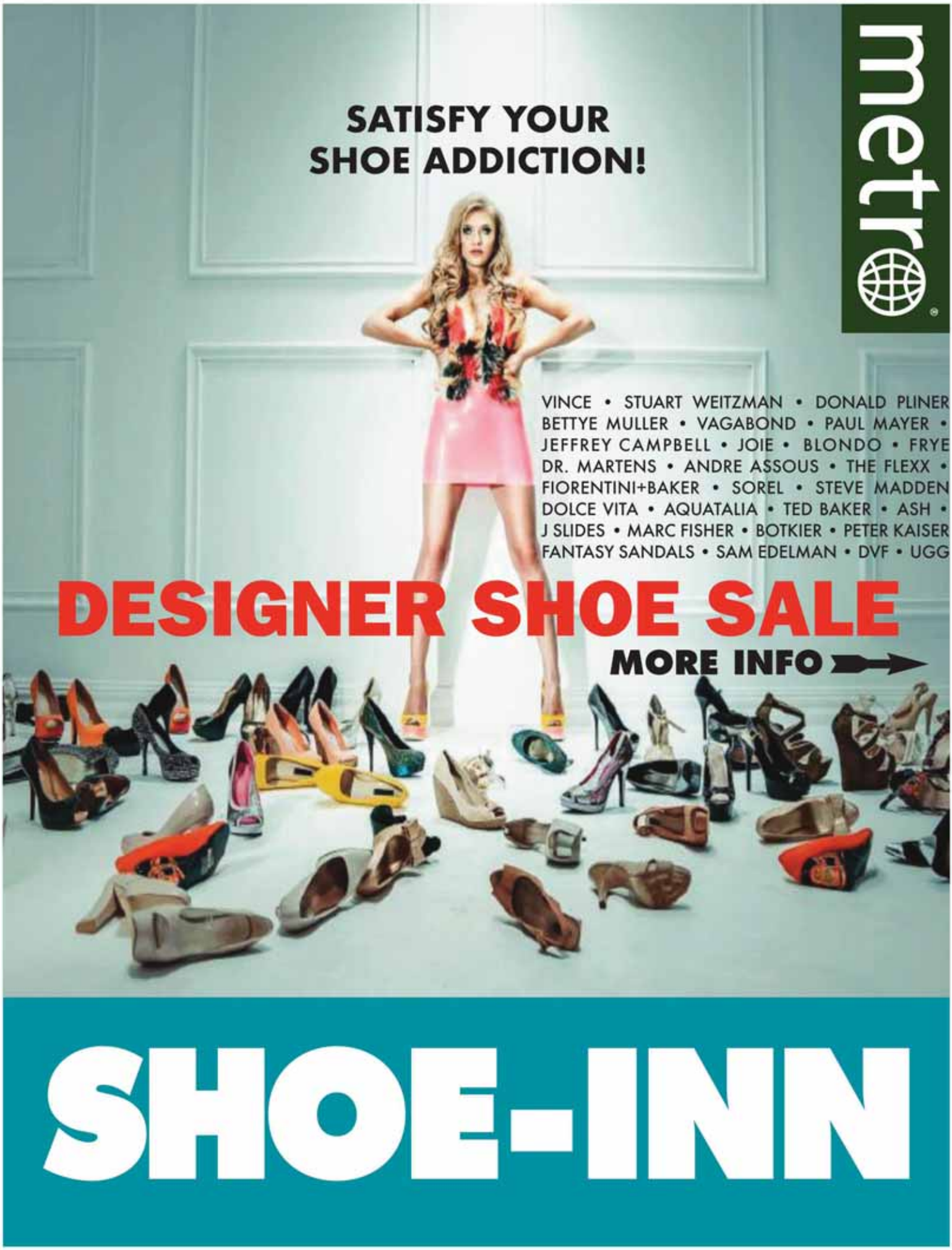
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ADMISSION OF GUILT

A tearful Felicity Huffman pleaded guilty on Monday to a conspiracy charge in the college admissions scandal and could now face several months in prison. 2

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8 THINGS TO KNOW

Actress Huffman pleads guilty in college admissions scandal

Prosecutors asked for a four-month prison sentence and fine.

Actress Felicity Huffman arrives at the federal courthouse to face charges in a nationwide college admissions cheating scheme. REUTERS

Actress Felicity Huffman tearfully pleaded guilty on Monday to paying to rig a college entrance exam for her daughter, part of a wide-ranging scandal in which wealthy parents used fraud to secure their children spots at prominent U.S. universities.

The onetime star of the television series "Desperate Housewives" pleaded guilty in federal court in Boston to a conspiracy charge related to her payment of $15,000 to have someone secretly correct her daughter's answers on the SAT exam.

Huffman is among 50 people accused of taking part in a scheme that involved cheating or bribery. Wealthy parents paid a total of $25 million to bribe coaches to help their children gain spots at universities like Yale, Georgetown and the University of Southern California (USC).

William "Rick" Singer, a California college admissions consultant, pleaded guilty in March to charges that he facilitated the cheating and helped bribe university sports coaches to present clients' children as fake athletic recruits.

Prosecutors have charged 33 parents with participating in the scheme with Singer, including Huffman, who was nominated for an Oscar for best actress for her role in 2005's "Transamerica," and Lori Loughlin, who starred in the TV series "Full House."

> **"Everything else Mr. Rosen said I did, I did."**
>
> Felicity Huffman

Assistant U.S. Attorney Eric Rosen said Huffman, 56, arranged through Singer to have an associate acting as an SAT proctor for her daughter's exam correct her daughter's answers at a test center he controlled through bribery.

Crying, Huffman, who is married to the actor William H. Macy, stressed that her daughter did not know about the crime.

"Everything else Mr. Rosen said I did, I did," she said.

She exited the courthouse holding her brother's hand while taking no questions from reporters.

Twenty people so far have agreed to plead guilty since officials carried out a wave of arrests under the code name "Operation Varsity Blues" on March 12. Prosecutors have said the investigation is ongoing.

Huffman pleaded guilty alongside another parent charged in the case, California businessman Devin Sloane, who prosecutors said paid Singer $250,000 to help his oldest son gain admission to USC as a purported water polo recruit.

Prosecutors have agreed to recommend a four-month prison sentence for Huffman and a $20,000 fine and a year in prison for Sloane, 53, and a $75,000 fine, Rosen said. They are scheduled to be sentenced in September. REUTERS

UFC's McGregor phone incident charges dropped

2 Prosecutors dropped charges against UFC star Conor McGregor for allegedly stealing and smashing a man's phone outside a Miami Beach hotel. McGregor, 30, was arrested on March 11 after police said he took a phone from Ahmed Abdirzak and stomped on it several times before putting it in his pocket and driving away. McGregor was released that day on a $5,000 bond. The fighter was allegedly upset that Abdirzak was trying to record a video on his phone. Prosecutors said charges were dropped because Abdirzak had stopped cooperating, according to the Miami Herald. Prosecutor Khalil Madani said the 22-year-old London-based man had recanted his story. "The victim of the crime does not wish to return to the United States and prosecute this case," Madani said. "I think this was the appropriate resolution of this case," said Sam Rabin, McGregor's defense attorney. REUTERS

Ex-president Carter breaks hip ahead of turkey hunt

3 Former President Jimmy Carter fell and broke his hip on Monday as he was preparing to leave his home in Georgia for a turkey-hunting trip, and has undergone surgery to repair the injury, a representative said. Carter, 94, a Democrat who was elected president in 1976, was accompanied by his wife, Rosalynn, 91, while recovering from the operation, which doctors said was successful, according to a statement from his nonprofit organization, the Carter Center. The surgery was performed at a medical center in Americus, Georgia, about 10 miles east of the Carters' home in Plains. "President Carter said his main concern is that turkey season ends this week, and he has not reached his limit," the statement said. "He hopes the state of Georgia will allow him to roll over the unused limit to next year." REUTERS

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3 New York Tuesday, May 7, 2019

New York police officer faces disciplinary trial in Garner death

Daniel Pantaleo could be terminated from his position with the NYPD.

Iris Baez, who also lost a son after a police officer applied a chokehold, speaks to the media during a break at the disciplinary trial of NYPD officer Daniel Pantaleo in relation to the death of Eric Garner. REUTERS

The disciplinary trial of the New York City police officer who put Eric Garner, an unarmed black man, in a fatal chokehold began on Monday, nearly five years after widely seen video of the death sparked a national outcry about policing tactics.

Daniel Pantaleo, who is white, could be fired after the conclusion of what is expected to be a 10-day trial at the NYPD's Manhattan headquarters. The ultimate decision will rest with Police Commissioner James O'Neill.

Videos recorded on bystanders' cellphones showed Garner, who was 43, saying, "I can't breathe" 11 times before he died. The phrase became a rallying cry in the early days of the Black Lives Matter movement, which seeks to end the disproportionate use of deadly force against nonwhite people by police departments.

"His last words, 'I can't breathe,' tell you who caused his death," Jonathan Fogel, a lawyer for the Civilian Complaint Review Board, said during opening statements. "He gave his victim a death sentence over loose cigarettes because he disregarded his training."

The first witness to testify during the trial was Ramsey Orta, Garner's friend who shot cellphone footage of the incident.

"He kept saying, 'I can't breathe, I can't breathe.' I seen his eyes roll back and that was it," said Orta, who testified over video because he is serving a prison sentence for weapons and narcotic crimes.

The trial is being closely watched by civil rights activists who say too few police officers face consequences for using deadly force as well as those, including New York's powerful police officers' union, who defend officers for doing a dangerous job.

Garner's mother, Gwen Carr, started loudly sobbing as the footage was first played. She left the room with a tissue over her mouth, accompanied by civil rights activist Al Sharpton.

Pantaleo, 33, has been assigned to a desk job since the deadly encounter on a sidewalk in the borough of Staten Island in 2014, when he and other officers tried to arrest Garner on suspicion of selling loose cigarettes.

"Officer Pantaleo was justified in using physical force to make this arrest," said Pantaleo's lawyer, Stuart London, arguing that the officer did not cause Garner's death.

London said Pantaleo did not use a chokehold, but rather a "seat belt" maneuver that goes around the torso which slipped into a neck hold because of Garner's size. Garner was considered medically obese at 400 pounds.

During cross-examination, Orta agreed with London, saying that Pantaleo's left arm was not around Garner's neck at least some of the time when he was saying that he could not breathe.

The city's chief medical examiner ruled that Garner was killed in part by a chokehold compressing his neck.

A Staten Island grand jury declined to bring criminal charges against Pantaleo in 2014, prompting the U.S. Department of Justice to open a civil rights investigation into the death. Garner's family has criticized that investigation as it has stretched into its fourth year without resolution. REUTERS

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5 New York Tuesday, May 7, 2019

NYC MAYOR'S OFFICE

De Blasio to Trump: Clean up your act or face heavy fines

New NYC greenhouse gas regulations put Trump-owned properties in the crosshairs.

NATE HOMAN
letters@metro.us

Mayor Bill de Blasio is blowing hot air toward President Donald Trump, warning him that his properties are pumping excessive greenhouse gas emissions, which could result in millions of dollars in fines.

The de Blasio administration passed a climate change bill which dramatically limits the amount of greenhouse gas emissions in New York City. The new law, which goes into effect in three days, is a central component of the OneNYC 2050 Green New Deal, a $14 billion effort aiming to cut down 30 percent of greenhouse emissions by 2030.

> **"Our message is loud and clear."**
> Mayor Bill de Blasio

"Our message is loud and clear," de Blasio said Monday. "We're tackling climate change head-on with NYC's Green New Deal and are the first city in the world to require all big buildings to cut their emissions, with the goal of a carbon-neutral city by 2050. President Trump — you're on notice. Your polluting buildings are part of the problem. Cut your emissions or pay the price."

Trump owns at least eight large buildings in New York City that do not meet 2030 emissions levels under the new law.

Trump International Hotel & Tower at 1 Central Park W. is estimated to face $850,871 in fines per year.

The Trump Building at 40 Wall St. is estimated to face a $164,565 fine per year.

The Trump World Tower, 845 United Nations Plaza No. 37-B, could lose $212,121 per year.

Trump Tower at 721 Fifth Ave. could be fined $469,848 per year.

Trump Park Avenue at 502 Park Ave. could be fined $126,316 per year.

Trump Parc at 106 Central Park S. could be fined $40,360 per year.

Trump Parc East at 100 Central Park S. could be fined $26,629 per year.

Trump Palace at 200 E. 69th St. might face a $239,315 fine per year.

Each of these fines would kick in beginning in 2030.

"Across New York City, Trump owns at least eight large buildings that do not meet 2030 emissions levels under the law," de Blasio's office said in a press release. "These dirty, inefficient buildings pump approximately 27,000 metric tons of greenhouse gases into our air each year — the equivalent of 5,800 cars. If Trump does not clean up these buildings, he will owe approximately $2.1 million in fines every year starting in 2030."

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US records 75 new measles cases, 9.8 percent increase, as outbreak grows

However, the disease hadn't spread to other states.

A vial of the measles-mumps-rubella (MMR) vaccine. REUTERS

The United States recorded 75 new cases of the measles in the last week, totaling 839 cases in the country's worst outbreak of the virus since 1994, federal health officials said on Monday.

The U.S. Centers for Disease Control and Prevention (CDC) reported a 9.8 percent increase in measles cases across 23 states since May 10, a resurgence that public health officials have attributed to the spread of misinformation about the measles vaccine.

A vocal fringe of U.S. parents oppose the measles-mumps-rubella vaccine, believing, contrary to scientific consensus, that it can cause autism. Federal health officials said this outbreak has mostly affected children who had not received the vaccine, which confers immunity to the disease.

The 2019 outbreak had not spread to any additional states since last week, when Pennsylvania became the latest state to confirm at least one case.

Although the virus was eliminated from the country in 2000, meaning it was no longer continually present year-round, outbreaks still happen via travelers coming from countries where measles is still common, the CDC says.

This outbreak has escalated since 82 people in 2018 and more than 40 people in 2019 brought measles to the United States from other countries, most frequently Ukraine, Israel and the Philippines, federal officials said. REUTERS

What you need to know about the measles outbreak

The U.S. so far this year has recorded 839 cases of measles in 23 states, its largest outbreak since public health officials in 2000 declared the disease eradicated, the Centers for Disease Control and Prevention (CDC) said Monday.

The following are key facts about the outbreak:

* Public health officials blame the resurgence on the spread of misinformation about vaccines. A vocal fringe of parents opposes vaccines, believing, contrary to scientific studies, that ingredients in them can cause autism.

* The largest outbreaks are concentrated in New York City, which has recorded at least 466 cases, primarily in the Orthodox Jewish community in the Williamsburg neighborhood, and Rockland County, which has recorded at least 224 cases. Those figures include infections from last year and are not directly comparable to the CDC numbers.

* Other outbreaks are ongoing in California, Michigan, New Jersey, Georgia and Maryland.

* The disease is highly contagious and can be fatal, killing one or two of every 1,000 children who contract it, according to the CDC. It can also cause permanent hearing loss or intellectual disabilities. It poses the greatest risk to unvaccinated young children.

* The United States' 2000 declaration that measles was eradicated meant that the disease was no longer present in the country year-round. Measles remains common in some countries in Europe, Asia and Africa, and unvaccinated travelers to those countries can bring it back to the U.S. The current outbreaks are believed to trace back to visits to Israel and Ukraine.

* City officials said 22,833 people had received the measles-mumps-rubella (MMR) vaccine in affected areas since the outbreak began in October. The city has begun fining unvaccinated adults.

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How to get a free skin cancer screening in New York City this week

Destination: Healthy Skin pulls into New York City once again.

MORGAN ROUSSEAU
morgan@metro.us

THE SKIN CANCER FOUNDATION

Skin cancer is the most common form of cancer in the United States, with an estimated 5,150 new cases of melanoma expected to be diagnosed in New York City this year. But if caught and removed early, skin cancer is almost always curable. That's why The Skin Cancer Foundation is once again bringing free skin cancer screenings to New York City with the Destination: Healthy Skin program.

As part of the program, The Skin Cancer Foundation's 38-foot RV, customized with two private exam rooms, will travel around the country from May to August. The RV makes its stop in NYC this week, operating at Columbus Circle on the corner of 60th Street and Broadway on Tuesday from 8 a.m. to 9 a.m. and from 10 a.m. to 4 p.m.

Inside the RV, local dermatologists provide free full-body skin cancer screenings, which are given on a first come, first served basis. Participants will also receive educational materials and Shiseido brand Clear Stick UV Protector SPF 50+. Staff will be on hand to operate a Canfield Reveal Imager — a portable skin analysis imaging system that visualizes UV damage.

The doctors are all local practicing dermatologists who have donated their time and services to the Foundation and will conduct the screenings.

The Skin Cancer Foundation is the only global organization solely devoted to the prevention, early detection and treatment of skin cancer.

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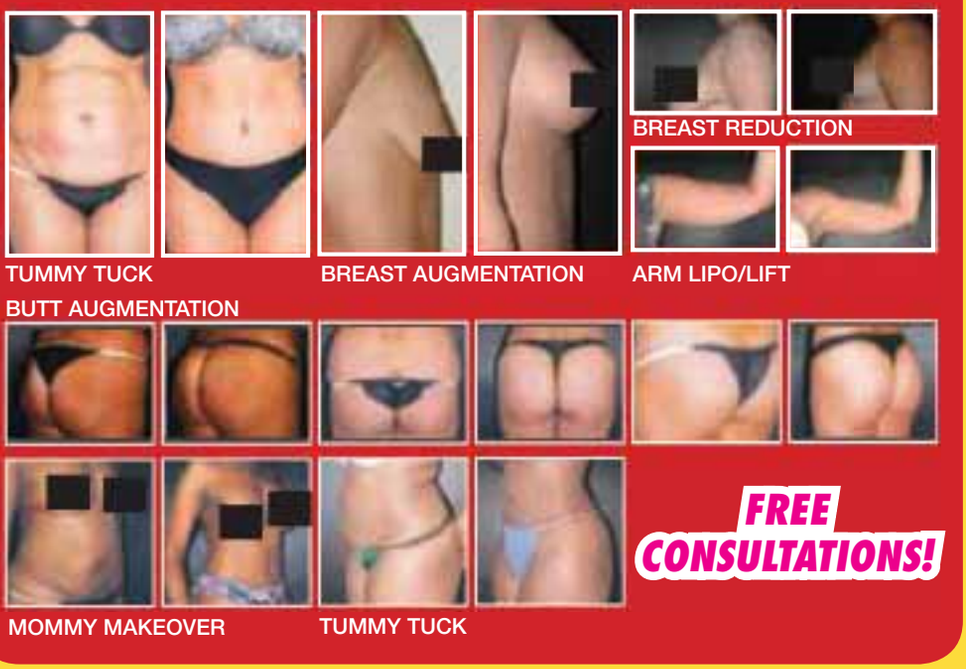

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Trump plans to meet Xi after China hits US with new tariffs

China said it planned to set import tariffs up to 25 percent on thousands of U.S. products.

President Donald Trump said on Monday he would meet with Chinese President Xi Jinping next month and that he expected their discussions would be "very fruitful," as the trade war between the world's two largest economies intensified.

Earlier, China announced it would impose higher tariffs on a range of U.S. goods including frozen vegetables and liquefied natural gas, a move that followed Washington's decision last week to hike its own levies on $200 billion in Chinese imports.

Trump had warned Beijing not to retaliate.

The president said he would meet Xi at a G20 summit in Japan in late June.

"We're dealing with them. We have a very good relationship," Trump said in remarks at the White House. "Maybe something will happen. We're going to be meeting, as you know, at the G20 in Japan and that'll be, I think, probably a very fruitful meeting."

Trump, who has embraced protectionism as part of an "America First" agenda, added that he had not yet decided whether to go ahead with tariffs on roughly another $325 billion in goods from China.

For its part, China said on Monday it plans to set import tariffs ranging from 5 percent to 25 percent on 5,140 U.S. products on a revised $60 billion target list. It said the tariffs will take effect on June 1.

"China's adjustment on additional tariffs is a response to U.S. unilateralism and protectionism," its finance ministry said. "China hopes the U.S. will get back to the right track of bilateral trade and economic consultations and meet with China halfway."

The prospect that the United States and China were spiraling into a no-holds-barred dispute that could derail the global economy has rattled investors and led to a sharp sell-off on equities markets in the past week.

Global equities tumbled again on Monday, with major Wall Street stock indexes down more than 2 percent. China's yuan currency fell to its lowest level since December and oil futures slumped.

"It's clear that there is a lot of nervousness around the U.S.-China trade negotiations and concern that it's really deteriorating pretty significantly, and that's impacting all areas of markets," said Kristina Hooper, chief global market strategist at Invesco in New York.

Trump stepped up his verbal attacks on China on Friday after two days of high-level trade negotiations in Washington ended with the two sides in an apparent stalemate.

Treasury Secretary Steven Mnuchin told CNBC the talks were ongoing and he was working on when to travel to Beijing.

REUTERS

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"We're dealing with them. We have a very good relationship."

President Trump

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That's why the experts at ***NYC Pain MD*** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

What Should You Do If Viscosupplementation Fails?

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequncy Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequncy waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

<u>But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.</u>

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain

Science rescues knee arthritis sufferers? Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

What To Do Next If You Are In Pain

NYC Pain MD offers a limited number of complimentary knee arthritis t screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NYC Pain MD.*** If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

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James Jordan. WYTHE COUNTY SHERIFF'S OFFICE

Cape Cod man arrested in deadly attacks on Appalachian Trail hikers in Virginia

James Jordan is accused of killing one and injuring another.

A man accused of attacking hikers with a machete on the Appalachian Trail in Virginia, killing one person and severely injuring another, has been arrested on murder and assault charges, federal and state authorities said on Sunday.

The suspect, James Jordan, 30, from the Cape Cod town of West Yarmouth, Massachusetts, was taken into custody early on Saturday on a portion of the trail that runs through Wythe County, Virginia, in the Blue Ridge Mountains, officials said.

The arrest came shortly after two hikers reported to local authorities that "there was a man with a machete assaulting people on the Appalachian Trail in Wythe County," the county sheriff's office said in a statement.

The sheriff's statement said a male and a female were injured in the attacks but gave no further information. A separate statement issued by the U.S. Attorney for the Western District of Virginia said the attacks left one person dead and another severely injured.

Federal prosecutors said Jordan had been charged with one count of murder and one count of assault with intent to murder within the jurisdiction of the United States. No mention was made of a possible motive, or whether investigators believe the attack was targeted or random.

> **"There was a man with a machete assaulting people on the Appalachian Trail in Wythe County."**
>
> Hikers' report to local authorities

A section of the trail remained closed.

Wythe County Sheriff Keith Dunagan told CNN affiliate station WSLS-TV that authorities managed to locate the man who was attacked using global positioning satellite (GPS) technology after he sent an emergency notification on his phone.

The injured woman was found only after she had walked 6 miles while bleeding and found other hikers to assist her, Dunagan told WSLS.

Jordan was due to make his first court appearance on Monday in U.S. District Court in Abingdon, Virginia, about 240 miles southwest of Charlottesville, Virginia.

The case is under investigation by the sheriff's office, state police, the U.S. Forest Service and FBI.

Designated a national scenic trail, the rugged 2,200-mile footpath runs along the ridgeline of the Appalachian Mountain range through 14 states, from Georgia to Maine. It is jointly administered by the Forest Service, the National Park Service, the nonprofit Appalachian Trail Conservancy, various state agencies and thousands of volunteers.

More than 3 million people walk a portion of the trail every year and over 3,000 attempt to hike the entire footpath annually, according to the conservancy.

The total elevation gain along the entire trail route, completed in 1937, is equivalent to climbing Mount Everest 16 times, the conservancy said.

REUTERS

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How To Know If Hormonal Replacement Therapy Is Right For You.

When it comes to understanding hormones or how hormones affect our overall health, we often get confused or at times misguided with preconceived notions that our hormonal peek is only relevant to our daily lives at the peek of our youth and pubescent stage.

However, that limited notion is entirely outdated as more women and men are finding the need to understand and be in tune with their hormonal states to restore hormonal equilibrium for each important stage in life. Through years of study, both women and men alike experience a variety of menopausal symptoms (women) or andropause symptoms (men) that can include changes in fertility, aging, weight maintenance, sexual desire and function, dermatological influx, bone strength (Osteoporosis) and urological concerns.

To see that so many areas in your day to day health is dictated by something as simple as a hormonal deficiency poses the question that we at New York Medicine Doctors Center seek to ask and answer which is - What exactly is causing this deficiency? And most importantly, what can we do as a team working alongside our patient to integrate a treatment that is long lasting and realistic.

This is why we are committed to bringing our patients the most advanced time tested methods of hormonal optimization.
We believe not only in providing a safe environment for our patients to talk about uncomfortable issues but to also thoroughly asses for effective results. We provide the following methods and treatments to help restore your hormonal imbalances:

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3) Hormone Capsules
4) IV Transfusions
5) Estradiol or Testosterone Implants
6) Hormone Troches (Indigestible)

We provide a diverse array of methods to help bridge your comfort with advanced technology for the ultimate primal solution to all your health needs. Our network of Doctors are award-winning in empathy and client experience which is why we are so inspired to give our patients the best resources for every stage in life. Whether you are curious to learn more about how hormones can affect your life or are currently going through hormonal changes, we encourage you to call today or make an appointment conveniently at one of our two locations.

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Most recently seen in Buzzfeed, Elite Daily, Bustle, Cosmopolitan, Fatherly, Healthline, Insider, and CBS New York for our specialties in Erectile Dysfunction and providing our expert knowledge in Sexual Wellness!

Amazon rolls out machines that pack orders and replace jobs

Automation by the retail giant could lead to as many as 1,300 job cuts.

Products seen at the Amazon fulfillment center in Baltimore. REUTERS

Amazon.com Inc. is rolling out machines to automate a job held by thousands of its workers: boxing up customer orders.

The company started adding technology to a handful of warehouses in recent years that scans goods coming down a conveyor belt and envelops them seconds later in boxes custom-built for each item, two people who worked on the project told Reuters.

Amazon has considered installing two machines at dozens more warehouses, removing at least 24 roles at each one, these people said. These facilities typically employ more than 2,000 people.

That would amount to more than 1,300 cuts across 55 U.S. fulfillment centers for standard-sized inventory. Amazon would expect to recover the costs in under two years, at $1 million per machine plus operational expenses, they said.

The plan, previously unreported, shows how Amazon is pushing to reduce labor and boost profits as automation of the most common warehouse task — picking up an item — is still beyond its reach. The changes are not finalized because vetting technology before a major deployment can take a long time.

Amazon is famous for its drive to automate as many parts of its business as possible, whether pricing goods or transporting items in its warehouses. But the company is in a precarious position as it considers replacing jobs that have won it subsidies and public goodwill.

> **"We are piloting this new technology with the goal of increasing safety, speeding up delivery times and adding efficiency across our network."**
>
> Amazon spokeswoman

"We are piloting this new technology with the goal of increasing safety, speeding up delivery times and adding efficiency across our network," an Amazon spokeswoman said in a statement. "We expect the efficiency savings will be reinvested in new services for customers, where new jobs will continue to be created."

Amazon last month downplayed its automation efforts to press visiting its Baltimore fulfillment center, saying a fully robotic future was far off. Its employee base has grown to become one of the largest in the United States, as the company opened new warehouses and raised wages to attract staff in a tight labor market.

A key to its goal of a leaner workforce is attrition, one of the sources said. Rather than lay off workers, the person said, the world's largest online retailer will one day refrain from refilling packing roles. Those have high turnover because boxing multiple orders per minute over 10 hours is taxing work. At the same time, employees that stay with the company can be trained to take up more technical roles.

The new machines, known as the Carton-Wrap from Italian firm CMC Srl, pack much faster than humans. They crank out 600 to 700 boxes per hour, or four to five times the rate of a human packer, the sources said. The machines require one person to load customer orders, another to stock cardboard and glue and a technician to fix jams on occasion. REUTERS

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

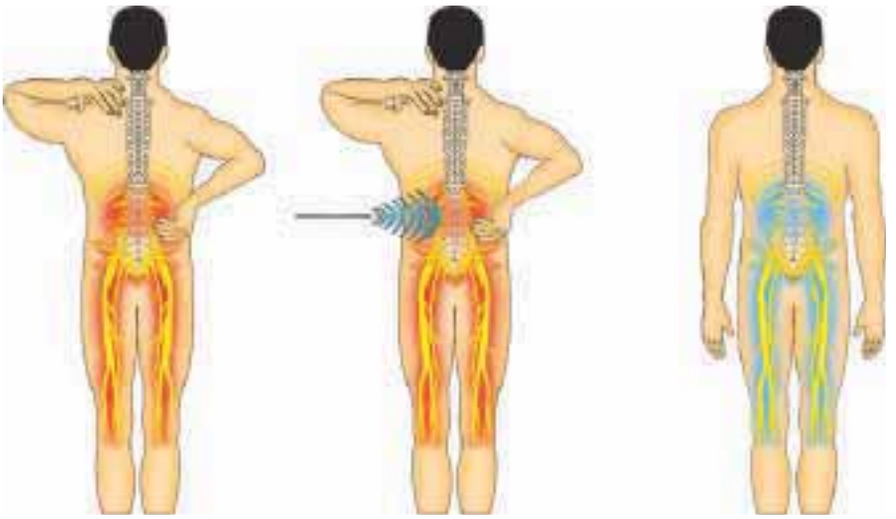
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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Doris Day, Hollywood star of the 1950s and '60s, dead at 97

Day received an Oscar nomination for her role in "Pillow Talk."

Actress Doris Day, who became one of the greatest box-office attractions of her time as the cheery, freckle-faced personification of wholesomeness, died on Monday at the age of 97, her foundation said on Monday.

Day, who co-starred with 1950s and '60s superstars such as Rock Hudson and Cary Grant, died at her Carmel, California, home after a bout with pneumonia, the Doris Day Animal Foundation said on its website.

Her shiny girl-next-door image was built on a series of innocent romantic comedies, including "Pillow Talk," for which Day received an Oscar nomination, "That Touch of Mink" and "The Thrill of It All."

Day also had hit records, most notably "Que Sera, Sera" from the movie "The Man Who Knew Too Much." It became her theme song, even though she had initially been reluctant to record it.

Day's life was not always as sunny as her movie roles. She married four times, was divorced three times and widowed once, suffered a nervous breakdown and had severe financial trouble after one husband squandered her money.

"My public image is unshakably that of America's wholesome virgin, the girl next door, carefree and brimming with happiness," she said in a memoir. "An image, I can assure you, more make-believe than any film part I ever played. But I am Miss Chastity Belt and that's all there is to it."

"She's the girl every guy should marry," a critic wrote in the Saturday Review. "Marilyn Monroe, Elizabeth Taylor, Kim Novak? They'd all be trouble. Doris Day would be true blue, understanding, direct, honest, and even a little sexy."

> **"She was a wonderful friend to us and a lovely and very talented lady."**
> Singer Tony Bennett

Tributes to her memory poured in from fellow entertainment giants.

Former Beatle Paul McCartney said Day was a "true star" who had "a heart of gold."

"I will miss her but will always remember her twinkling smile and infectious laugh," McCartney said on his website.

"She was a wonderful friend to us and a lovely and very talented lady," singer Tony Bennett said on Twitter. "We will miss her beautiful smile."

"SENTIMENTAL JOURNEY"

Day was born Doris von Kappelhoff on April 3, 1922, in Cincinnati and headed to California at age 14 to be a dancer. She abandoned that dream after her right leg was broken in an auto accident.

Day concentrated on singing and at 16 had a job with Les Brown, one of the top orchestra leaders of the day, and recorded her first hit, "Sentimental Journey," with him. She changed her surname at the suggestion of a band leader who heard her sing "Day by Day."

At 17, Day married Al Jorden, a trombone player who she later claimed beat her. Her only child, son Terry, was born in 1942, and the couple divorced the following year.

Day's movie debut, "Romance on the High Seas" in 1948, was a hit.

A series of musicals followed, with Day often playing a singer trying to break into the entertainment world: "My Dream Is Yours" in 1949, "It's a Great Feeling" in 1949 and "Tea for Two" in 1950.

REUTERS

Doris Day. REUTERS

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Joan Lunden, former host of *Good Morning America* and senior living advocate.

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MEDIUM

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		2				5		
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	4		6			9	5	1
						4	3	
9		5	2				6	

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READER WRITE-INS:

THE RAINIEST SPRING

This has been the rainiest spring I can remember! Now that the days are longer, you can't even enjoy the outdoors when you get out of work because it's just plain gross out. It's getting a little old, to be honest. Where is all of the sunshine?

— **Paul,** *Metro US reader*

ISTOCK

metro.us/horoscopes

Aries Taking a short trip, discussing important matters with others and paying closer attention to your health and emotional well-being are encouraged.

Taurus Look for an opportunity to get ahead financially or start a new fitness and diet routine. Excess and emotional spending should be limited.

Gemini Emotional situations will be daunting. The information you are fed will be skewed to fit someone else's agenda. Partnerships and joint ventures are not recommended. Concentrate on personal gain and positive change.

Cancer Reaching out to others will boost your popularity. A heartfelt and compassionate approach, along with determination and a set plan will bring good results. Pay attention to detail, rules and regulations.

Leo Don't let the actions of others ruin your day. Stick to your plan if it will help you reach your goal. Personal improvements can be achieved if you challenge yourself physically.

Virgo Consider making subtle adjustments to your appearance, skills or future direction. Gather information and enforce the changes that will lead to greater happiness and self-satisfaction.

Libra Get things done. Refuse to let your emotions take charge if someone tries to get a rise out of you. Walk away from argumentative people or an unpredictable situation.

Scorpio Make positive changes that will encourage better relationships. Take a breather from someone who is disruptive or not heading in the same direction as you are.

Sagittarius Look for opportunities to discuss prospects with people you want to work with. Attending networking functions or sharing ideas with a partner will lead to positive results.

Capricorn Be open to suggestions, but make up your own mind. A lifestyle change may not turn out to be to your liking. Don't make a commitment without doing your research.

Aquarius Set a destination and work to get there. Refuse to let what others do or say bother you. Concentrate on what motivates you and strive to be your best.

Pisces Caution will be required when dealing with unpredictable people. Protect yourself against insult or injury. Surround yourself with positive people and get involved in creative endeavors. EUGENIA LAST

Regina Spektor on getting into the role of a lifetime with her new, career-spanning Broadway residency

ALL PHOTOS SHERVIN LAINEZ

The singer-songwriter will be performing five shows at the Lunt-Fontanne Theatre in June.

PAT KING
patrick.king@metro.us

Singer-songwriter Regina Spektor has always had a sense of theatricality and cinematic grandeur in her songs. With her rhythmic phrasing, fluttering piano playing and elastic voice, Spektor can whip you through more peaks and valleys in a three-minute song than the tornado that transported Dorothy from Kansas to the land of Oz. Next month, she will be looking back on nearly 20 years as a performer with a five-night residency at Broadway's Lunt-Fontanne Theatre.

Running June 20-26, the soon-to-be Bronx Hall of Fame inductee Spektor promises that these special performances will be special for both casual and longtime fans, with different special surprises for each performance.

"I am so inspired as I plan these five nights on Broadway at the Lunt-Fontanne, a beautiful old theater with a rich history," said the Russian-born Spektor in a release. "One of the things I'm most excited about is the chance to explore theatrical elements within my concert show. This isn't a 'Broadway Show,' and yet it's not a tour concert, either. I'm revisiting all the songs I've ever written, to see how some of them might group together and connect into a show. I am thinking up some fun ways to incorporate special guests as well. I'll be rotating the solo songs quite a bit between the dates, and I'm finding ways to reimagine many of them. Some haven't been played since my days of playing bars, cafes and open mics. So far the plan is to set up at the Lunt-Fontanne, and in my own small way, pay homage to Broadway!"

We caught up with Spektor to talk about her relationship with Broadway and getting into character for these new shows.

What was the decision behind doing this Broadway residency?
This residency of shows was suggested to me by the promoters and my agent. We did the walk-through at the Lunt-Fontanne, and I could really picture it even though everything was covered in plastic and undergoing a small renovation. I really doubt I would have had the idea myself, but now that I'm working on the show, it makes so much sense. I'm so excited!

Has Broadway shaped your musical life in any way? Is it a part of your life?
I grew up in an immigrant bubble in the Bronx, and as a family we loved classical music, The Beatles, Soviet-era singer-songwriters, and jazz. There was very little overlap with Broadway — maybe some Gershwin, and a few film musicals like "Mary Poppins," "Singing in the Rain," "Jesus Christ Superstar" and "Sound of Music." I was actually very excited to find out that the theater I'll be residing in, the Lunt-Fontanne, was the first place "The Sound of Music" ran!

For the most part, Broadway was a cost-prohibitive mysterious thing. I knew kids at school who were Broadway kids. They would see a show they liked a few times, and have cast recordings. It was an expensive habit.

I'm only discovering more about musical theater now. I love "Hamilton"! And of the classics, I'm really interested in Sondheim. His sense of harmony and melody, how words sit together to create a feeling of the story within the songs is really fascinating.

Many artists make the distinction of who they are on and off the stage. For example, Jim Osterberg is a more calm and reserved guy than his stage persona, Iggy Pop. Do you generally make that distinction when you are performing?
I try to be as truly there as possible, but a better version, too. And maybe a bit less self-critical. A sort of heightened stage version. We're different all the time anyhow — with our parents, at work, at school. We show different sides. That's human. The idea is to be as useful and open as possible, so you can make something special together with the audience.

The dates for these special performances are June 20, 21, 22, 25 and 26. For more information on tickets, head over to reginaspektor.com.

ALL PHOTOS MASAHIRO NOGUCHI

Ramen greats Ichiran to open new Times Square location this Thursday

Add one more ramen spot to your neighborhood slurp list.

PAT KING
patrick.king@metro.us

While New Yorkers can tend to bicker back and forth about what the city really needs in order to make it the best possible place it can be, having more delicious ramen spots spread across different neighborhoods is something that we can all agree on as being a pretty good thing. This Thursday, Japan's beloved Tonkotsu aficionados Ichiran will be opening their brand-new location in Times Square, to bring their unique solo dining experience and delicious noodles to a brand-new borough.

The chain initially brought their world-renowned concept to Bushwick, Brooklyn, a few years back and quickly became one of the city's go-to ramen spots. A second location was then opened in Midtown after the success they experienced in Brooklyn. The opening of this location in the middle of one of the busiest neighborhoods in the world will mark the chain's 81st location, with 103 ramen booths worldwide.

If you are uninitiated into the process of how things work at Ichiran, it's a pretty unique experience. Upon being seated — at either a table or a "solo flavor concentration booth" — guests will receive ordering cards where they can customize their bowls of ramen with different ingredients, flavor levels, noodle textures and Kae-Dama (noodle refill). Each bowl is delivered from the kitchen to your table within 15 seconds of being completed to ensure it's as fresh and hot as possible.

To celebrate the occasion, Ichiran won't be messing around too much with the formula. As anyone who has gone to their other locations knows, the Tonkotsu ramen is the star of the show here. However, they will be debuting an exclusive side dish to go with your ramen at this new location: thick, smoky cuts of pork known as Premium Yakibuta. This location will also be providing some special drinks including a wide variety of different sakes as well as Asahi Super Dry draft beer and Matcha draft beer.

While Ichiran generally likes to have each of their locations take on their own unique sense of style, their new Times Square location will resemble those found in Japan with their 1960s Showa Era feel with sleek wood paneling interior.

So if Thursday is as rainy and gloomy as it has been this spring, it might be a good idea to pop in to get a big bowl of ramen to fill your belly in protest of this lack of sunshine.

Ichiran, Times Square, 152 W. 49th St., ichiranusa.com

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How do you balance it all?

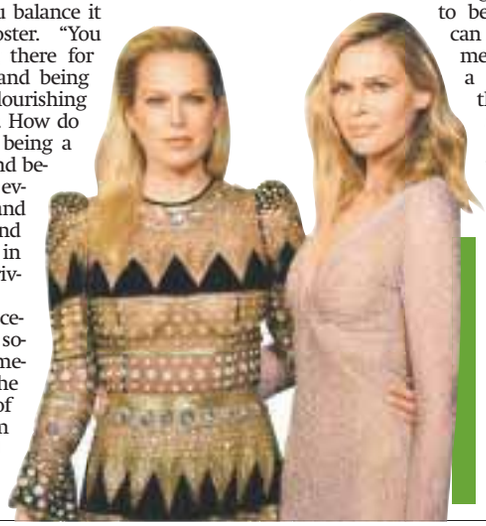
Sara Foster talks being a mom and why Tide's newest product helps out with being a parent.

MOLLY GIVEN
Molly.Given@metro.us

Being a mom, an actress, a businesswoman, a wife and somehow taking care of yourself at the same time is no easy feat. Sara Foster has a lot on her plate, and the 38-year-old is not afraid to admit that everything motherhood and life throws at you can be overwhelming. In fact, the actress admits to needing help, whether it be from other moms, friends or even helpful products like Studio by Tide. The new product from the popular cleaning company recruited both Foster sisters (Erin and Sara) to become the spokespersons for this new, incredible product. Sara dished out why she loves the product and how it can be helpful to other moms, and touched on why asking for help when it comes to your kids is important.

Sara Foster gets asked quite often how she is able to balance everything in her life. "Listen, it's, like, the common question that all moms get and it's the common conversation that all moms have, which is, how do you balance it all?" says Foster. "You balance being there for your partner and being present and flourishing in your career. How do you maintain being a good parent and being there for every moment and being there and participating in your kids thriving?"

Although celebrities and social media sometimes make the tough feat of parenting seem effortless and easy, Foster is not afraid to admit that she has good and bad days. "It's tough. I've already missed two school functions being in New York and working. That's just sort of how it goes. But at the end of the day, I have daughters who look at their mom and I think they respect what I do. I think they want to be businesswomen, watching their mom do that. That's the best compliment you can get when your daughter says, 'Mom, I want to be just like you.' And shockingly, my daughter said that to me recently. It was pretty nice."



Foster also says the lack of asking for help, or believing that you have to be "supermom," can be a detriment more than a strength. "I think you alienate yourself to other moms who can be really resourceful to you when you try to act like everything is perfect. I am the first person to admit to my friends: 'I'm not doing this right'; 'I need help'; 'I'm not doing this correctly, what do you do and what are your tips?" says Foster. "I've gotten some pretty incredible advice by putting myself out there." Harnessing that community and also realizing the realities of raising kids and having a budget helps the actress spend her money wisely. "I really refuse to spend a lot of money on my kids' clothes. I just refuse," Foster says. "They're growing every single day, and you buy something and it doesn't fit them a week later. So I tend to lean toward the less expensive clothing. And with less expensive clothing comes cheaper fabric, therefore after two washes, they're done."

"At the end of the day, I have daughters who look at their mom and I think they respect what I do. I think they want to be businesswomen, watching their mom do that."

That's why Foster was so excited and adamant to be one of the spokespersons for Tide's new product. "I recently found this product Studio by Tide and it is for delicate clothing. When you use it on the kids' cheaper-material clothes, you get an extra 20 washes out of something that is usually finished after two."

So where does Foster shop when using the product? "I love Old Navy, it's just great. It's so reasonably priced and I just go in there and buy it all up, and it doesn't break the bank. Now that I have Studio by Tide, it's lasting longer. I love Zara Kids, I love Gap Kids and I love H&M. That's really where I shop for my kids."

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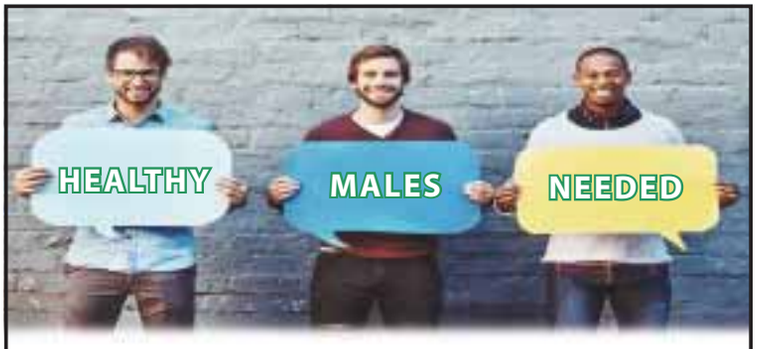

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Artist joins hands to 'build bridges'

LORENZO QUINN

New installation appears in Italy

A group of enormous interlocked hands has recently appeared in Venice. The sculpture, called "Building Bridges" and created by Italian contemporary artist Lorenzo Quinn, became part of this year's Venice Biennale. The installation, measuring 20 meters wide and 15 meters high, resembles the famous bridges that characterize the city and has a very special meaning.
METRO WORLD NEWS

"Must build bridges... day and night."

Lorenzo Quinn, on Facebook

Quinn shows a model of his giant sculpture. LORENZO QUINN

Meaning of the sculpture

The new bridge, located across the entrance to the Venetian Arsenal, a complex of former shipyards and armories, represents people overcoming their differences to build a better world. Each pair of hands symbolizes humanity's universal values: friendship, faith, help, love, hope and wisdom.
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Knicks discover '19 NBA Draft fate tonight

Will a franchise-worst season have been worth it?

JOE PANTORNO
joseph.pantorno@metro.us

The first step of the New York Knicks' rebuilding begins tonight as they discover where they'll be picking in the 2019 NBA Draft.

The Draft Lottery from Chicago will decipher the order of the top 14 picks of the June selection process through a random drawing. The worse a team is, the better chance the ping-pong balls fall in their favor.

However, the Knicks don't have as great a chance to nab the No. 1 pick despite having a league-worst 17-65 record. New rules have decreased the worst team's chances of getting the first pick from 25 percent to just 14.

Should the Knicks get it, Duke superstar Zion Williamson will be theirs for the taking, providing the team with a generational talent to build around.

Williamson would help make Madison Square Garden an even more attractive landing spot for marquee free agents like Kevin Durant and Kyrie Irving this summer, catapulting the Knicks from basement dwellers to title contenders.

BEST ODDS TO GET TOP PICK IN 2019 NBA DRAFT

1. *KNICKS- 14%*
2. CAVALIERS- 14%
3. SUNS- 14%
4. BULLS- 12.5%
5. HAWKS- 10.5%
6. WIZARDS- 9%
7. PELICANS- 6%
8. GRIZZLIES- 6%
9. MAVERICKS- 6%
10. T'WOLVES- 3%
11. LAKERS- 2%
12. HORNETS- 1%
13. HEAT- 1%
14. KINGS- 1%

DID YOU KNOW?

The Knicks haven't had the No. 1 overall pick since 1985, when they selected Patrick Ewing out of Georgetown.

14% CHANCE AT 1st PICK

13.4% CHANCE AT 2nd PICK

12.7% CHANCE AT 3rd PICK

11.9% CHANCE AT 4th PICK

47.9% CHANCE AT 5th PICK

A TROUBLING HISTORY...

A look at the Knicks' success rate when featured in the draft lottery after drafting Ewing in 1985.

1986 PRE-LOTTO STANDING: 1st LOTTERY RESULT: 5th	**2002** PRE-LOTTO STANDING: 7th LOTTERY RESULT: 7th	**2003** PRE-LOTTO STANDING: 9th LOTTERY RESULT: 9th
2005 PRE-LOTTO STANDING: 8th LOTTERY RESULT: 8th	**2008** PRE-LOTTO STANDING: 5th LOTTERY RESULT: 6th	**2009** PRE-LOTTO STANDING: 8th LOTTERY RESULT: 8th
2015 PRE-LOTTO STANDING: 2nd LOTTERY RESULT: 4th	**2017** PRE-LOTTO STANDING: 7th LOTTERY RESULT: 8th	**2018** PRE-LOTTO STANDING: 9th LOTTERY RESULT: 9th

THIS YEAR'S PRIZES ARE...

Who are some of the top talents in the 2019 NBA Draft?

Mets minute: Jeff McNeil puts up all-time great start

The New York Mets received an extra day's rest on Sunday when their matinee series finale against the Miami Marlins was rained out and rescheduled for Aug. 5.

Mickey Callaway's men took the first two games of the tilt for a much-needed series victory, only their second since April 22-24 against the Philadelphia Phillies.

It was just the response management was probably looking for after COO Jeff Wilpon and general manager Brodie Van Wagenen met with Callaway on Friday afternoon.

The Mets were returning from a miserable road trip in which they lost five of six games to accentuate a 6-11 stretch that dropped them under .500.

Meetings like that usually don't bode well for a manager, especially as Callaway's seat begins to warm.

"This meeting was about how can we be better?" Callaway said, per NorthJersey.com. "How can we get going in the right direction? It was very productive."

It's important to note that the Marlins are the worst team in baseball with a 10-29 record this season, but a pair of wins that saw the Mets outscore Miami, 15-3, is exactly what the doctor ordered — especially with a far tougher test in the Washington Nationals waiting in D.C. on Tuesday night.

New York Mets hitting machine Jeff McNeil. GETTY IMAGES

Michael Conforto socked a pair of home runs in the shortened series while Pete Alonso added his 12th of the year on Saturday night. But it was Jeff McNeil who continues to develop into one of baseball's best hitters.

With a 2-for-3 showing on Friday night, including his second home run of the season, McNeil put the finishing touches on one of the most impressive 100-game starts made by any Met in franchise history.

To put it simply, the 27-year-old can just flat-out hit. Here is a look at his numbers through his 100th career game and where they rank in the Mets' record books.

JOE PANTORNO

JEFF MCNEIL THROUGH FIRST 100 MLB GAMES

AVG: .342 (1ST)

OBP: .406 (1ST)

HITS: 123 (1ST)

MULTI-HIT GAMES: 37 (1ST)

THREE-HIT GAMES: 12 (1ST)

FOUR-HIT GAMES: 5 (1ST)

HBP: 13 (1ST)

DOUBLES: 22 (6TH)

XBH: 34 (T-10TH)

**Stats courtesy of Anthony DiComo/MLB.com*

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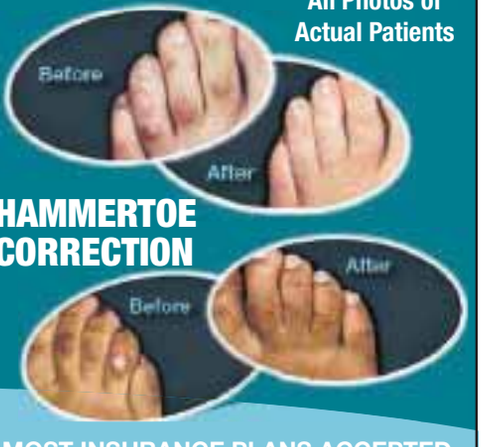

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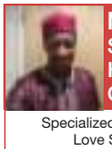

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NOTICE IS HEREBY GIVEN that a license Number 1316695, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 45-04 162nd St., Flushing, NY 11358. Queens County, for on-premises consumption. Peace One Corp.

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NOTICE IS HEREBY GIVEN that a license Number 1316702, for Hotel Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Hotel under the Alcoholic Beverage Control Law at 140-35 Queens Blvd., Jamaica, NY 11435. Queens County, for on-premises consumption. Queens Blvd Hotel LLC.

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NOTICE IS HEREBY GIVEN that a license Number 1316570, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 219-01 Northern Blvd., Bayside, NY 11361. Queens County, for on-premises consumption. Northern Sam Wok Gahk Inc.

NOTICE IS HEREBY GIVEN that a license Number 1316867, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 161-16 Northern Blvd., Flushing, NY 11358. Queens County, for on-premises consumption. 3 Kings USA Inc.

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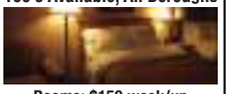
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NOTICE IS HEREBY GIVEN that a license, Serial # 1315652, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 45 W. 45th St., New York, NY 10036. New York County, for on premise consumption. Theophilous 4545 Corp.

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GAMES

metro.us/crossword

ACROSS

1 Food, slangily
5 To __; unanimously
9 Lose one's footing
13 Ocean __; passenger ship
15 "The __, the merrier"
16 Warsaw native
17 Join forces
18 Unable
20 "The Wizard of Oz" production co.
21 Faux __; social blunder
23 Most uncommon
24 Earnest requests
26 Prefix for place or print
27 Yacht dock
29 Tendons
32 In the air
33 In poor taste
35 "...Humpty Dumpty __ a great fall..."
37 Sheltered inlet
38 Enlarges a hole
39 Rank's partner, in phrase
40 That girl
41 Helsinki folks
42 Do a waiter's job
43 Floating without an anchor
45 Not as fresh
46 Tiny folklore fellow
47 Soiled
48 "The __ in the Dell"
51 Make __ story; lie
52 Sizable
55 Fair; just
58 Sales tag info
60 Cousin's mom
61 Barn baby
62 Tear to bits
63 Tattered cloths
64 Passing crazes
65 Chances

DOWN

1 Sullen
2 Piece of jewelry
3 No better than before
4 Money risked
5 Wrong; haywire
6 Work wk. opener
7 St. Joan of __
8 Close call
9 Few and far between
10 Part of the brain
11 Problems
12 Actress Amanda
14 Feel remorse
19 Bursitis symptoms
22 Motorists' assn.
25 "Not on your __!"
27 Apple computers
28 Luau greeting
29 Snead & Elliott
30 Helicopter
31 Soothing ointment
33 Penny
34 __ into; rammed
36 Doe or stag
38 Undesirable neighbors
39 Brave deed
41 __ mignon; tenderloin steak
42 Sandal parts
44 Sends in payment
45 Drink slowly
47 Sword fights
48 Apprehension
49 Prefix for marine or plane
50 Ladder step
53 __ tea
54 Diploma equivalents, for short
56 Deadly critter
57 Youth
59 Sorority letter

Check your answers and play more games **at metro.us/games**

metro.us/sudoku

					4	6		5
2					5			
	5		6		3	2	1	8
3		8		4		5		2
	2						7	
7		5		6		3		9
1	9	2	4		7		5	
			1					3
4		7	5					

Yesterday's Answers

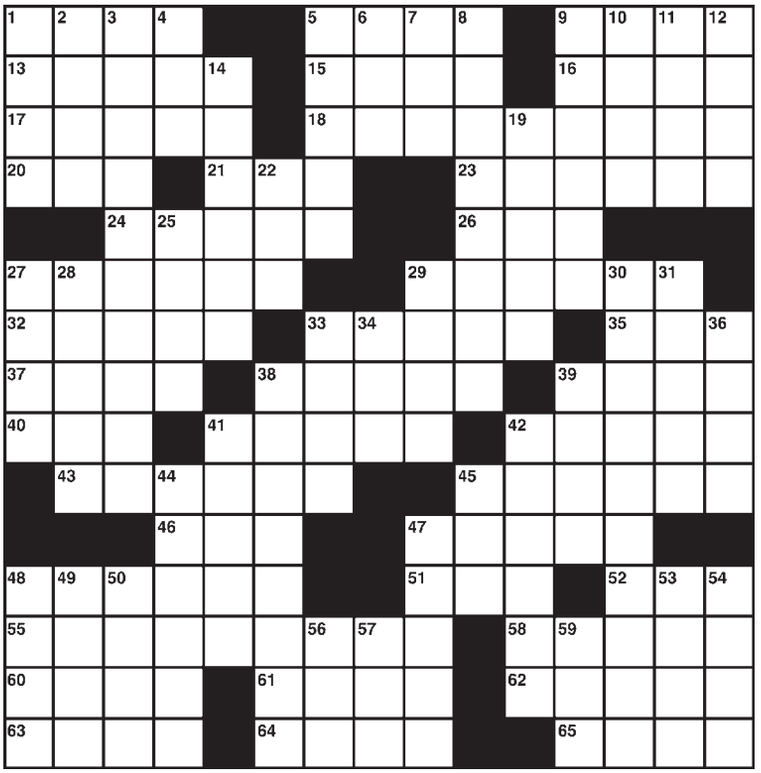
S	H	O	T		O	B	E	S	E		P	L	O	D
N	O	S	Y		R	E	G	A	L		S	A	N	E
A	B	C	S		N	E	G	L	I	G	E	N	C	E
P	O	I		B	E	T	S			R	U	D	E	R
		L	I	A	R	S			D	A	D			
P	A	L	T	R	Y			D	E	V	O	U	T	
A	B	A	C	K		A	L	I	C	E		L	O	T
P	A	T	H		S	L	E	E	K		S	T	A	R
A	T	E		R	A	P	I	D		H	O	R	S	E
	E	S	S	A	Y	S			G	Y	R	A	T	E
			L	I	S			T	A	M	E	S		
B	A	G	E	L			B	E	R	N		O	F	F
E	Q	U	E	S	T	R	I	A	N		Z	U	L	U
D	U	M	P		W	O	R	S	E		O	N	E	S
S	A	S	S		O	D	D	E	R		O	D	E	S

wander words

Category: Director

	M	A	
S	E	R	T
E	O	C	I
S	R	S	N

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.



metro.us/wordsearch

B	L	A	N	C	H	E	T	T	W
B	R	A	G	N	A	R	O	K	E
N	O	T	T	H	E	R	E	E	L
O	T	H	O	R	K	V	U	N	I
T	A	C	E	T	T	L	E	I	Z
E	I	S	A	F	B	T	U	M	A
S	V	M	I	R	A	J	R	S	B
X	A	G	T	C	O	L	Y	A	E
S	C	A	N	D	A	L	E	J	T
B	A	N	D	I	T	S	L	H	H

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